Bright Ideas 2

for using the Eat Smart. Play Hard.™ Materials

Kids' Activity Sheets

- Use the activity sheets in nutrition education sessions with children or to make your National Nutrition Month education programs come alive.

- Use the activity sheets as placements at mealtime. Coordinate the theme of the sheets (breakfast, snacks, physical activity, etc.) with the type of meal served.
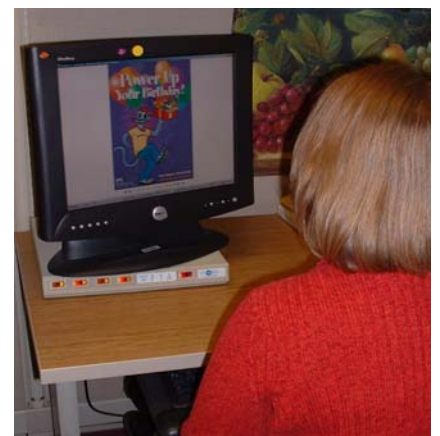
  www.fns.usda.gov/eatsmartplayhard/collection/kids_activity.html

E-Cards and Emoticons

- Send Eat Smart. Play Hard.™ e-cards to friends, family, and colleagues to encourage them to make healthy eating and active lifestyle choices.

- Use the animated emoticons to jazz up your electronic messages to support your family, friends, and coworker's resolutions to eat better and be more active.

  www.fns.usda.gov/eatsmartplayhard/collection/collect_tools.html

Power Panther™ Songs

- Introduce March National Nutrition Month activities or a Wellness event any time during the year by playing the "Power Up" song at the beginning of the event or over the public address system.

- Teach kids the "If you want to be like the Power Panther" song and make a video or audio recording of them singing. Play the recording at the next PTA meeting to share with parents.

  www.fns.usda.gov/eatsmartplayhard/Collection/collect_kids_3.html

Public Service Announcements (PSAs)

- Play the Breakfast PSA before the last period of the school day along with an announcement of the next day's school breakfast menu.

- Use the PSAs targeting parents/guardians as a part of store-based education. Work with WIC and Food Stamp authorized stores to have the PSAs played at regular intervals during National Nutrition Month, School Breakfast Week, Back to School, and National 5 A Day Week.

  www.fns.usda.gov/eatsmartplayhard/collection/collect_tools_2.html

We want to hear from you!
Send a brief description of any unique, interesting, and effective ways you have for using any of the Eat Smart. Play Hard.™ materials to:
eatsmartplayhard@fns.usda.gov